26-1 學校簡介

ISCID-CO 有兩個校區，為敦克爾克(Dunkerque)校區以及 Longuenesse 校區，兩個校區的課程並不一樣，所以選擇校區時必須先查好課程再選擇，而敦克爾克校區的課程幾乎都以法文授課，只有 Longuenesse 有英文授課的課程，因此建議可以在台灣學一點法文。

26-2 國外研修之課程學習(課內)

ISCID-CO 的課程都以小班制為主，一個班大概都不會超過 10 個人，也因此可以增加與外國人互動的機會。我當時原本選擇的是敦克爾克校區，但由於敦克爾克校區的課程都以法文授課為主，而 Longuenesse 校區有英文課程，所以我問了行政人員是否可以轉到另一個校區上課，而行政人員也很親切的跟我說可以，因此我後來就到 Longuenesse 校區上課。

26-3 國外研修之生活學習(課外)

1. 食

在國外生活一定要學會自己煮飯，因為在外面簡單的法式小餐館吃飯也至少 10 歐以上，而如果在超市購買食物自己煮的話就可以節省不少伙食費。在敦克爾克市區有蠻多餐館以及小吃店，但由於我都去超市買食物自己回家煮，因此並沒有機會去嘗試，不過值得一提的是，法國的麥當勞是我在歐洲吃過前三名的麥當勞，不僅有好吃的馬鈴薯塊，而且套餐只要 4.95 歐，在歐洲其他國家幾乎都要 8 歐以上了，因此如果在法國生活，如果懶得煮的話，就可以買麥當勞來吃。另外，法國有許多賣 Kebab 的小吃店，Kebab 是一種土耳其料理，有點像沙威瑪，不過我覺得比台灣的沙威瑪好吃多了，而且加上薯條以及飲料的套餐，往往只要 5 歐多而已，真的算是非常划算。

2. 衣

剛來法國時，天氣還算蠻涼快的，只要穿個薄長袖加上外套即可，到了大概十月多才會開始變天，而且變得非常快，往往就是 0 度左右，而敦克爾克並沒有太多賣衣服的商店，我推薦可以搭火車到 Lille(法國北部最大城市)，Lille 有許多知名的服飾店，例如：H&M、Primark、ZARA…等，而發熱衣、發熱褲以及手套等保暖衣物，可以到迪卡農購買。

3. 住

ISCID-CO 並沒有學生宿舍，因此交換生都是住在與學校配的校外宿舍，當時我不想要房間只有沙發床，因此我住在學校對面的旅館(All suites)，一個月租金要 510 歐，而需要先繳 300 歐的雜費(並不會退回)，這間旅館設施都應有盡有，而且有一棟就是跟學校配合的，因此也常常在宿舍看到同學校的人。

4. 行

在法國生活，一定要辦理法國鐵路(sncf)的青年卡，一張卡 40 歐，但是只要搭 TER(區間車)或者 TGV(法國高鐵)都可以以一個折扣的價錢買到，甚至有時搭 TGV 時，搭頭等艙都比搭二等艙便宜，因此算是一個很划算的卡。在歐洲旅遊時，巴士是一個比飛機划算許多的選擇，而如果搭夜車的話，更是可以省下住宿費，但是夜車的乘車體驗就沒那麼好就是了。法國鐵路也常常罷工，在 2019 年底時，就有一個大規模的全國大罷工，如果剛好在法國生活真的很不方便，因此也常常需要考驗旅客的緊急應變能力。

5. 樂

由於敦克爾克是法國北部的一個小城市，因此在學校走路 20 分鐘有一個大海灘，我認為是歐洲看過蠻漂亮的海灘，但是如果在冬天去，可能會蠻冷的。敦克爾克市區也有一個大電影院，不過因為法國電影都是法文配音的，而且也沒有英文字幕，因此我就沒有進去體驗了。

26-4 交換/研修之具體效益

- 體驗國外的生活、當地的風土民情
- 與外國人交流想法
- 增進語言能力
- 增進國際觀

26-5 感想與建議

在這半年的交換生活中，我認識了幾個外國人，與他們交流的彼此的想法，也體驗到在國外生活的感受，讓我有了在台灣感受不到的體驗。而在交換這段期間中，讓我深深感受到在國外生活以及在國外旅遊是完完全全不同的兩件事，旅遊可能只是走馬看花的走過 10 天左右，但生活卻是各種大小事都需要在國外解決，像我在跨年前得到腸胃炎，而那時又找不到診所，即便找到了卻也因為新年放假而沒有開，因此那時讓我非常懷念台灣醫療的方便性；此外，在國外時總是吃一些冰冷的食物或者一些垃圾食物，在國外待著越久，就越想念台灣溫暖的食物，這時才真真切切的想念台灣，讓我萌生了要好好保護台灣這塊土地的想法。

26-6 相片（2～3 張貼進 word 檔案，含說明，並 Email 原檔給國際處承辦人）



圖(一) 我的房間照片



圖(二) 上課同學與老師



圖(三) 教室與老師

英文心得：

26-1 Introduction of ISCID-CO

There are two campuses in ISCID-CO. I originally chose the Dunkerque campus, the other one is Longuenesse campus. Because there are only French classes in Dunkerque campus and I can speak a little French, I ask the administration staff whether I could transfer to Longuenesse campus. And she replied kindly that it was okay for me to choose classes in the other campus. I really appreciated the understanding.

26-2 Course study abroad

I was lucky that my friend chose Longuenesse campus at that time, so I could live in his apartment. During the class, I was shocked by the teaching method in Europe. In Taiwan, many teachers usually teach students by PowerPoint or the teaching material, they do not ask the students question which result students do not think independently in Taiwan. So when I saw this situation, I was shocked and excited.

I studied Business ethics and Strategic marketing in Longuenesse campus. The English teachers originally teach in England, and the ISCID-CO invite them to teach in Longueness campus. The teacher of Business ethics taught us what we can do and what we can not do when we do business with others. In addition, the teacher taught us some business ethic theories which we could follow. Through the case analysis, I discussed the ethical dilemma with my classmates and teacher, after finishing the class, I understand the business ethics deeply. Finally, I understand what I can do and can not do when I do business with the others is important.

The teacher of Strategic marketing taught us many strategies about marketing. Through the varies case analyses, students discuss how to create a successful company by different marketing strategies and understand the importance of strategies. In addition, the final presentation should be finished in class. There is novel idea to me. Because we absorb the knowledge and apply it to presentation immediately. I learned not only the related knowledge, but also the presentation skill from the teacher and the students.

26-3 Life abroad

1. Food

When living abroad, you must learn to cook your own meals, because eating in French restaurant is at least 10 Euros, and if you buy food in the supermarket and cook it yourself, you can save a lot of food costs. There are quite few restaurants and snack bars in Dunkerque, but I always go to the supermarket to buy food and cook it myself, I have no chance to try it, but it is worth mentioning that McDonald's in France. McDonald's not only have delicious potato nuggets, but also the set price is only 4.95 Euros, which is almost 8 Euros in other European countries. Therefore, if you live in France and are too lazy to cook, you can buy McDonald's to eat. In addition, there are many snack bars selling Kebab in France. Kebab is a Turkish dish that is a bit like Shawarma, but I think it is much better than Shawarma in Taiwan, and the set of french fries and drinks is often only 5 euros.

2. Clothes

When I first came to France, the weather was cool. Just wear a thin long sleeve and a coat. It will start to change in about October, and it will become very fast. There are not many clothing shops in Dunkerque. I recommend that you can take a train to Lille (the largest city in northern France). There are many well-known clothing stores in Lille, such as: H&M, Primark, ZARA, etc., For warm clothes, heating pants and gloves, you can buy them at Decathlon.

3. Living

There are no student dormitories in ISCID-CO, so exchange students live in off-campus dormitories. At that

time, I didn’t want the room with sofa bed, so I lived in the hotel which is opposite to the school. However, it is necessary to pay the miscellaneous fee of 300 Euros which is not refunded. This hotel has all the facilities and there is a building that cooperates with the school. Therefore, you can usually meet someone which also studies at ISCID-CO.

4. Transportation

If you live in France, you must apply for the youth card of the French railway (sncf). It costs 40 euros, but you can buy tickets at a discounted price by the card as long as you take the TER or TGV. When traveling in Europe, taking bus is a much cheaper option than taking airplane. French railways workers often call strike. At the end of 2019, there was a large-scale national strike. It is often necessary to test the emergency response capacity of passengers.

5. Entertainment

Since Dunkerque is a small city in the north of France, there is a big beach for 20 minutes walk from school. I think it is a pretty beach in Europe, but if you go in winter, it may be quite cold. There is also a large cinema in downtown Dunkerque, but because French films are dubbed in French and there are no English subtitles, I did not go in to experience it.

26-4 Specific benefits of studying abroad

- Experience foreign life and local customs
- Exchange ideas with foreigners
- Improve language skills
- Promote international perspective

26-5 Thoughts and suggestions

During this half-year of exchange, I have met several foreigners, exchanged ideas with each other, and experienced the living abroad, giving me an experience I could not feel in Taiwan. During this period of exchange, I deeply felt that living abroad and traveling abroad are two completely different things. Tourism may be just a walk around for about 10 days, but life is totally different. Everything musts to be solved abroad. For example, I got gastroenteritis in the end of 2019, but I couldn't find a clinic at that time. Even if I found it, it didn't open because it was a New Year's holiday. So I miss the convenience of Taiwan medical. The longer I stay abroad, the more I miss Taiwan.